



LITERARY LIGHTWEIGHT

NEW FILM THE WORDS NEEDS BETTER
WRITING, METRO'S REEL GUYS SAY PAGE 9

TONIGHT'S JACKPOT

\$10 Million
estimated



LONDON

metro®

metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

WEEKEND, September 7-9,
2012



News
worth
sharing.



Mixed result for Grits

Byelections. Liberals denied majority; hold Vaughan, but NDP wins Kitchener-Waterloo

Queen's Park breakdown

- Total seats: 107
- Liberals: 53
- Progressive Conservatives: 36
- NDP: 18

Premier Dalton McGuinty's hopes of forming the majority government the Liberals missed by just one seat last October were dashed Thursday by voters in one of two Ontario byelections.

The Liberals were able to hold Vaughan, the riding just north of Toronto vacated by former finance minister Greg Sorbara, with Steven Del Duca taking 50 per cent of the popular vote to easily defeat Conservative Tony Genco. The NDP was a distant third.

However, Kitchener-Waterloo turned into a close three-way race, with New Democrat Catherine Fife emerging to win the large,

urban riding for the first time in the party's history.

Fife had about 40 per cent of the vote with over 130 out of 265 polling stations reporting, compared with 32 per cent for the Conservatives and 23 per cent for the Liberals.

McGuinty engineered the byelection by appointing veteran Progressive Conservative Elizabeth Witmer to a \$188,000-a-year post as head of the Workplace Safety and Insurance Board, convincing her to give up the seat she'd held for 22 years.

THE CANADIAN PRESS

SPREADING THE GOSPEL

Stephen Beckles, 57, of London, belts a gospel song Thursday morning while having a tea outside Unique Food Attitudes (697 Dundas St.). Beckles has been making his way around downtown soup kitchens and missions, sharing his love of music. ANGELA MULLINS/METRO



LONDON'S NEW
#1 HIT MUSIC
STATION





LONDON

Wireless Express
981 Wellington Rd. S
(519) 686-2084
Wireless Express
3039 Wonderland Rd. S, Unit C
(519) 691-0876
Wireless Express
320 Clarke Rd., Unit B2
(519) 457-7367
Wireless Express
595 Fanshawe Park Rd. W, Suite D
(519) 473-7379

355 Wellington Rd. S
(519) 858-3740

CHATHAM

Wireless Express
75 Keil Dr. S
(519) 351-4077

HANOVER

426 10th St., Unit 428
(519) 369-6677

KINCARDINE

827 Queen St.
(519) 396-6677

MITCHELL

5656 Line 34, Hwy. 8
(519) 348-8967

PORT ELGIN

556A Goderich St.
(519) 832-6677

LASALLE

5916 Malden Rd., Unit 19
(519) 972-6329

LEAMINGTON

239 Erie St. S
(519) 326-2638

SARNIA

Wireless Express
1362 Lambton Mall Rd.
(519) 542-5429

Wireless Express
910 Exmouth St.
(519) 339-9717

ST. THOMAS

Wireless Express
Elgin Mall
(519) 637-0384

STRATFORD

McNain Communication
726 Ontario St.
(519) 275-2505

OWEN SOUND

Heritage Place Mall
1350 16th St. E
(519) 371-0346

883 10th St. W
(519) 370-0909

WOODSTOCK

McNain Communication
225 Norwich Ave.
(519) 539-1515

GODERICH

McNain Communication
Suncoast Mall
(519) 440-0202

NEWBURY

Wireless Express
22789 Hagerty Rd.
(519) 693-4484

TECUMSEH

13300 Tecumseh Rd. E, Unit 210
(519) 735-8689

WALKERTON

22 Jackson St.
(519) 507-4388



LONDON

Westmount Shopping Centre
785 Wonderland Rd. S, Unit 53
(519) 657-6841
Masonville Place
1680 Richmond St. N, Unit L029
(519) 660-6135
White Oaks Mall
1105 Wellington Rd. S, Unit 413
(519) 691-0494

849 Wonderland Rd. S
(519) 474-2361

1920 Dundas St. E
(519) 451-6304

1225 Wonderland Rd. N
(519) 472-5442

1240 Commissioners Rd. W
Unit 106-107
(519) 473-4001

1030 Adelaide St.
(519) 645-2171

395 Wellington Rd. S, Unit 11-14
(519) 649-0533

The place to go... to go superfast.

STUDENTS SAVE

UP TO

\$120

OVER 12 MONTHS WITH SELECT PLANS¹

BONUS

UNLIMITED WIRELESS INTERNET
FOR 3 MONTHS

LTE
beyond 4G



Samsung Galaxy S III™ (16 GB)
with FLEXtab™

\$99⁹⁹*
with select
3-yr. FLEXtab
agreements

THE LTE-READY SAMSUNG GALAXY S III™

Samsung's most advanced superphone with HD Super AMOLED screen

Hurry into a Rogers store for a huge selection of LTE superphones.

Rogers LTE network available in select cities. See rogers.com/coverage

rogers.com/superphones

CONNECT EXCITING + NETWORK TALK SHARE RELIABLE ACCESS
TALK FRIENDS SURF LIFE TEXT FIRST FAST
CHAT ACCESS SURF FREEDOM EXCITING FRIENDS

Creating World-Leading
Internet Experiences.



Offers available for a limited time and subject to change without notice. Usage subject to Rogers Terms of Service and Acceptable Use Policy. *With new activation on any 3-yr. talk and internet plan having min. \$48 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to \$35 (varies by province) may apply. 1 Available to new Rogers wireless student customers (valid student ID required) who activate a single-line plan between Aug. 9/12 and Nov. 6/12. Eligible students must register online at www.rogerspromotions.com/students prior to Dec. 6/12 for monthly \$10 credit. Credit will be applied so long as eligible plan is maintained. © 2012 Rogers Communications.

Workers' safety concerns spark lockdown at EMDC

Refusal to work.

Inmates kept in cells as OPSEU demands equipment fix



ANGELA MULLINS

angela.mullins@metronews.ca

The Elgin-Middlesex Detention Centre was on lockdown for part of Wednesday and Thursday after unionized staff issued a refusal to work

because of malfunctioning equipment.

Inmates remained in their cells, officers stood at their posts and managers carried out most duties during the labour action, prompted by issues with equipment that controls everything from the jail's alarm system to the doors, union officials said.

Officers agreed to end the work refusal after an inspection by and meeting with Ministry of Labour officials, said Rain Loftus, an Ontario

By the numbers

200

Approximate number of Elgin-Middlesex Detention Centre staff represented by OPSEU

Public Service Employees Union (OPSEU) staff representative.

The ministry informed officers that work was scheduled to start on the affected

equipment later this month.

"They'll probably Band-Aid it until then, and we're all right with that," Loftus said.

Inmates remained on lockdown for some time after the issue was settled because of an incident that happened during the work stoppage.

Loftus said that prompted a search of the facility. He declined to provide additional details.

Dan Sidsworth, OPSEU's chair of community safety and correctional services, said

the equipment that prompted the labour action has malfunctioned off and on for some time.

The Labour Ministry ordered that it be fixed last year, but the Ministry of Corrections didn't do the work, Sidsworth said.

If the problem wasn't addressed immediately, union officials had said inmates would remain in lockdown until interim procedures were put in place to ensure a "safe working environment".



Taking steps – 210 kilometres worth – to end human trafficking

Stan Burditt, founder of London-based Men Against Sexual Trafficking, is followed by supporters Thursday morning as he walks along Dundas Street at the start of his Walk for Freedom to raise awareness about human trafficking. Burditt set out from Dundas and Highbury Avenue on the 10-day, 210-kilometre walk to Toronto for a Sept. 15 rally at Queen's Park. For more, go to metronews.ca. ANGELA MULLINS/METRO

Mobile news



We know you love Metro, but our question is how much? Scan the code to take our online news quiz and show us how much attention you've been paying.



THIS SEPTEMBER,
EVERY LOTTO 6/49 DRAW
GIVES YOU 2 CHANCES
TO WIN

1

You could WIN the next JACKPOT
\$7,000,000
estimated

2

**\$100,000 A YEAR
FOR LIFE BONUS**

1 Ticket,
2 Great
Prizes!

Know your limit
Play within it

knowyourlimit.ca

Some restrictions apply.

olg.ca

OLG

Free in iTunes store

Voices.com releases new Apple app

London's Voices.com has launched an iPad app on the heels of winning an international business award for a similar release for the iPhone.

The application adds a new level to Voices.com's network of connecting businesses to voice-over talent while on the go. **METRO**

Campaign launched

Let's save Lorne Avenue school, columnist says

Metro's London Urban Voices columnist Brian Gibson takes a closer look at the Old East movement to save Lorne Avenue Public School, which the Thames Valley District School Board has proposed closing because of low enrolment.



With all the new development in the area, people in the community are concerned closing the school would be a step backward, and they're launching a campaign to save it.

Read Urban Voices at metronews.ca for more. **METRO**

Site Selection magazine

LEDC gets nod in rankings

London is home to one of the best economic development groups in the country, according to Site Selection magazine's fifth annual Canada's Best Locations rankings.

The London Economic Development Corp. was one of 10 groups recognized for its work. **METRO**

Huron and Adelaide streets

Police seek suspect in sexual assault

London police are looking for a suspect in a Thursday sexual assault.

Police said a man assaulted a woman around 2 a.m. near Huron and Adelaide streets. She was not injured.

The suspect is described as white, 26 to 30 years old, about six-foot-three, with dark hair and facial hair



Suspect CONTRIBUTED

similar to a goatee. He has tattoos on his fingers and may frequent businesses in the neighbourhood where the assault happened.

Anyone with information is asked to call police at 519-661-5670 or Crime Stoppers at 1-800-222-8477. **METRO**

Western Fair opens gates on Friday

137th year. Live music, motorsports, deep-fried fare — organizers aim to have something for everyone over 10 days

Heather Blackwell likes to compare the leadup to the Western Fair to the preparation period before a wedding.

"The wedding day is tomorrow," she said on Thursday.

Luckily, the organization does not have traditional cold feet.

"We feel different, not nervous, mostly because free parking and free concerts are new," added Blackwell, a longtime employee and current spokesperson for the regional fair. "We are excited to see how that plays out."

The annual 10-day event, at the Western Fair District, kicks off with a bang Friday.

After a day filled with typical fair fixings — dizzying rides, carnival activities, calorie-laden food, and animal feeding — pop-rock band Faber Drive will take the Coca-Cola Stage at 7:30 p.m. From there, attendees will have an opportunity

How's this for a tasty treat?

- **The YOLO (You Only Live Once):** Sausage stuffed with nacho cheese that is bacon-wrapped, deep-fried and slathered with jalapeños

to see a flurry of musical artists, including Karl Wolf next Saturday, perform free of charge.

And, of course, they'll be given the opportunity to become entrenched in the overall product the Western Fair has been working on for the past 137 years.

"It's impossible to make everybody happy, but that's our goal," Blackwell said, noting the fall spectacle offers a variety of entertainment acts in order to reel in members of different demographics.

Those who may be on the fence about heading down to the festivities should know the roller-coaster is back, she adds. After a half-decade hiatus, the infamous Zyclone has returned — albeit under a new moniker, Nitro.

Visit westernfairdistrict.com for full details. **JOHN MATISZ/METRO**

No. 1 netminder. Knights to rely on Bailie to shoulder bulk of goaltending load

On Aug. 1, veteran OHL netminder Kevin Bailie was overcome with joy when he found out he had been dealt to the London Knights.

Two weeks into training camp, the glow hasn't quite worn off.

"My grandma gets a little more nervous to watch the games now," said the confident 20-year-old, before smiling and adding, "but that's about it."

To begin the upcoming campaign, Bailie — a Belleville native who considers London his second home since lots of family live nearby — has the starting gig locked up, according to Knights goaltending



London Knights defenceman Scott Harrington clears the way for starting goaltender Kevin Bailie during an exhibition game against the Sarnia Sting last week. **JOHN MATISZ/METRO**

Injury update

The injury bug has hit the Knights roster already:

- **Jacob Jammes, F** — expected to be out four to six weeks (knee)
- **Liam Herbst, G** — expected to be out five to seven weeks (knee)
- **Max Domi, F** — expected to play in regular season opener (ankle)
- **Kevin Raine, D** — expected to play this weekend (back)

guru Bill Dark.

"Off the top, you'd look at Bailie playing 40 to 45 games and Jake Patterson picking up the rest," he said of the 68-game schedule.

"But, of course, that's always subject to change."

Patterson, sidetracked by a wacky rookie season last year, feels he's still in a competitive place.

"I think I'm going to be able to push him, win some games this year," said Patterson, who, per team request, packed on an extra 15 pounds in the summer.

Despite fronting a slick 1.85 GAA in six OHL games, the

Sault Ste. Marie native is trying to bury the 2011-12 season — discombobulated by mid-season mononucleosis — deep in the past. He admits his confidence was shot while playing most of the season with the junior B London Nationals.

"It was frustrating," said Patterson, 18. "Coming back from mono, I expected to be where I was before I was sick. But when I got back, I realized I wasn't even close."

The coaching staff will wait to make a decision on where Liam Herbst, the promising yet injured first-rounder in the 2012 OHL draft, fits in the puckstopping equation.

"That's a bridge we're going to have to (cross when we get there)," Dark said.

For now, as the pre-season ends with a date with the Plymouth Whalers on Friday at home and a rematch Saturday in St. Thomas, it's looking as though Bailie has free rein to conquer the crease.

He'll have at least one die-hard supporter cheering him on at ice level every time the Knights face off at the John Labatt Centre, too.

"Four rows up, behind the visiting net," Bailie said, reciting his grandmother's seat location without hesitation.

JOHN MATISZ/METRO

HOW DO YOU KEEP 200 MILLION CUSTOMERS HAPPY? WITH YOUR EARS.

Being part of a global company across 18 countries means we have over 200 million customers to listen to and learn from. That helps us provide you with the products and services you deserve, like unlimited plans that really are unlimited.

THAT'S THE POWER OF
WIND™



WINDmobile.ca

LIVE **STEPS** **AWAY** FROM WESTERN UNIVERSITY

RENT &
RECEIVE A
\$500 WESTERN
U BOOKSTORE
GIFTCARD

8 Month Lease Option

1231 & 1265 Richmond Street

Bachelor, 1, 2 & 3 Bedroom Suites from \$760.00/month

- Hardwood flooring & ceramic tile
- Paved running/jogging path with direct access to Western University Campus
- Just blocks to University Hospital & Masonville Mall
- Sparkling seasonal pool, tennis court & on site convenience store
- Street level & underground parking available



519.200.2170

1231 Richmond
1265 Richmond

Timbercreek
ANALYT. MANAGEMENT
www.timbercreekrentals.ca

Fracking blamed for B.C. quakes. Gas extraction caused tremors: Regulator

A spate of small earthquakes in B.C.'s remote northeastern corner were caused by a controversial technique used to extract natural gas from shale rock, says a report by the province's energy regulator.

The B.C. oil and gas commission launched its probe after a "number of anomalous, low-level seismic events" were detected in the Horn River Basin, a gas-rich shale formation that's attracted some of the industry's biggest players.

"The investigation has concluded that the events observed within remote and isolated areas of the Horn River Basin between 2009 and 2011 were caused by fluid injection during hydraulic fracturing in proximity to pre-existing faults," the agency said in a recent report.

In order to break the rock and free the gas trapped inside of it, companies inject a combination of water, sand and chemicals underground at high pressure.

The process known as hydraulic fracturing, or fracking, has drawn concern from environmentalists and landowners for the amount

of water the process requires and for potential contamination of groundwater.

Studies have also linked fracking to earthquakes around shale formations in England and Oklahoma.

The 38 events detected by Natural Resources Canada ranged between magnitudes of 2.2 and 3.8 on the Richter scale. A quake of between 4.0 and 4.9 is considered "light" and may cause a noticeable shaking of indoor items and rattling noises.

"In undertaking the investigation, the commission notes that more than 8,000 high-volume hydraulic fracturing completions have been performed in northeast British Columbia with no associated anomalous seismicity," the report said.

THE CANADIAN PRESS

Did you feel that?

1

Only one of the 38 events recorded by Natural Resources Canada between April 2009 and December 2011 could be felt at the surface and there were no injuries or property damage reported.



Hurricane is, like, totally tubular for N.S. surfers

A surfer rides the waves in Seaforth, Nova Scotia, on Thursday. The ocean swell is starting to increase due to Hurricane Leslie, which could hit Nova Scotia and Newfoundland and Labrador early next week. JEFF HARPER/METRO IN HALIFAX

Bill charms Democrats

Party's keeping up with the Clintons

Bill Clinton's speech to the Democratic National Convention may also have started setting the stage for another White House bid by his wife, Secretary of State Hillary Rodham Clinton. The former president portrayed Barack Obama as a sensible pragmatist who put aside political grudges for the good of the U.S.

"He appointed cabinet members who supported Hillary in the primaries. Heck, he even appointed Hillary!" Clinton said. "I'm so proud of her."

The former president didn't mention his wife again, but the subtext was clear: The Clintons remain a force in the Democratic Party. THE ASSOCIATED PRESS

Obama takes the stage



Did Obama's speech resonate with Democrats as well as Clinton's did? Scan the code for the story.

**YOUR PASSPORT TO
U.S. SHOPPING.**
PAY WITH YOUR DEBIT CARD.

Accepted where
you see this logo



Learn more at interac.ca/shopUS



Second recession possible: Moody's

Debt. Spending may drop as debt-to-income ratio hits record high

There is more than a 20 per cent risk of Canada falling into a second recession — and though much of that risk comes from outside our borders, Canadians' sky-high debt loads could push the economy over the edge, warns a new report from Moody's Analytics.

With debt-to-income ratios at an all-time high around

150 per cent, Canadians have stretched themselves to the limit since the recession and have left little head room to buffer against another economic downturn, Moody's suggests in the report released Thursday.

"With the economy now relying heavily on the continued expansion of household spending, any retrenchment in the consumer sector will likely place the economy on the brink of a second recession," the report's authors say.

The study — Storm Clouds Gather Around Canadian Consumer Credit — says that

while Canada has managed to outperform other G7 countries since the recession, it has been propped up by consumer spending, while exports continue to lag.

There is also potential for exports to further weaken if Europe's debt crisis deepens and spills over to other countries, and given the fiscal crisis that Canada's largest trading partner, the U.S., is also facing. With Canadians so deep in debt, it would be extremely difficult for domestic spending to pick up slack if things started to go downhill. **THE CANADIAN PRESS**



Amazon releases new Kindle

Amazon CEO Jeff Bezos unveils new Kindle reading devices at a press conference, Thursday, in Santa Monica, Calif. Amazon is updating its Kindle Fire tablet computer as it steps up competition with Apple's iPad, and is refreshing its whole line of Kindle gadgets. The basic model will cost \$159 US, down from \$199 for the old model. **DAVID MCNEW/GETTY IMAGES**

Market Minute

↑	DOLLAR 101.75¢ US (+0.83¢)
↑	TSX 12,139.73 (+149.6)
↑	OIL \$95.53 US (+17¢)
↑	GOLD \$1705.60 US (+\$11.60)
↓	NATURAL GAS \$2.776 US (-1.9¢)
↑	DOW JONES 13,292 (+244.52)

**HELPFUL
GUY-VICE:**

**A GUY NEVER CARRIES A CHANGE PURSE.
GREAT TASTING MGD. NOW ON SALE FOR A GREAT PRICE†.**



†SAVE \$3
ON A 24-BOTTLE PACK

†SAVE \$3
ON A 24-CAN PACK



You could win* a Harley-Davidson® motorcycle or 1 of 500 MGD prize packs.

The Bar & Shield logo, Harley & Harley-Davidson are among the trademarks of H-D Michigan, LLC. © 2012 H-D.

†Must be legal drinking age. Available for a limited time at The Beer Store and select LCBO stores. While supplies last. Price is subject to change.

Drink responsibly. * Must be legal drinking age. No purchase necessary. Open only to residents of BC, AB, SK, MB, ON, PQ, NS, NB, PE & NL. Skill-Testing Question Required. One (1) Grand Prize avail. to be won, worth approx. \$12,000 CAD. 500 Prize Packs (ARV \$50 CAD) to be awarded regionally: [232] in BC, AB, SK, MB; [210] in ON; [28] in PQ and [30] in NS, NB, PE & NL. The number of Prize Packs available to be won will diminish as Prizes are claimed throughout the Contest. Only Prize Pack winners are eligible to win the Grand Prize. All Prize Packs must be claimed on or before [September 24, 2012] ("Prize Claim Deadline"). Grand Prize draw: [September 28, 2012]. For full contest details call 1-800-MOLSON1 or visit **MILLERGENUINEDRAFT.CA**

REPLACING REGIS, FULFILLING A PROPHECY



THE LIST
Mike Benhaim
metronews.ca

1 I am woman, hear me roar, in French. Note to newly elected Quebec premier Pauline Marois: First, please know that there is no adequate

French term for "Smoked meat" or "Bagels." Second, if you achieve your goal of separation, whose picture goes on the money? Celine Dion? Guy Lafleur? Give it some thought.

2 Spare the rod. The Canadian Medical Association Journal says it's time to repeal Criminal Code Section 43, which allows parents to physically discipline their children. Apparently, several bills to ban corporal punishment have failed in the House of Commons as recently as 2008. If this is true, where are these parents when these kids are kicking my seat on the plane?

3 Growing up Disney. Selena Gomez sheds her wholesome image in the new film Spring Breakers. The movie apparently features scantily clad girls doing drugs, which Gomez admits may be "shocking" to her fans. Now, Selena is adorable, but I'd consider it "shocking" to see her in a movie I actually wanted to watch.

4 Monkey business. Wildlife trading on the web has now reached dangerous proportions. As a result, more than 7,500 species of animals are at risk of extinction. Sites like eBay are being asked to implement stricter regulations, but I'm more interested in the delivery. I can barely find an Xpresspost box to send my mom a coat, but people are shipping rhinoceros? That's gotta be a lot of stamps.

5 Day job. Former football star Michael Strahan fulfilled his 2008 prophecy by becoming Kelly Ripa's new co-host. After winning the Super Bowl, Regis Philbin asked what he wanted to do next. Strahan replied: "Your job looks pretty good." I've used that line at every job interview, and it has never worked.

6 Get Smart-phone. Millions of Apple device IDs, which track user activity, were uncovered by hackers on an FBI agent's laptop. The news sparked tremendous public outcry regarding what American's claim is a breach of privacy. Government officials across the country were surprised to hear that the term "privacy" was still in use.

7 TIFF is back with a vengeance. A little Shakespeare here, some Tolstoy there, and a Spike Lee documentary about Michael Jackson. I've got my eyes on Jack Kerouac's On the Road starring the princess of pout, Kristen Stewart. Mostly because I was never intoxicated enough to finish the book, but also because Stewart might be one relationship question away from an epic hissy fit that could make YouTube history, and it would be nice to see it happen in Canada.

8 CIFF, not TIFF. There's a buzz surrounding a film that will be unveiled at the Calgary International Film Festival. Mr. Viral is a dark comedy thriller about viral marketing that's been described as Mad Men meets Fight Club. In a novel attempt to raise money, producers offered subliminal photo placement to small on-line investors, so don't be surprised if you leave the theatre with the mysterious urge to call your ex-girlfriend.

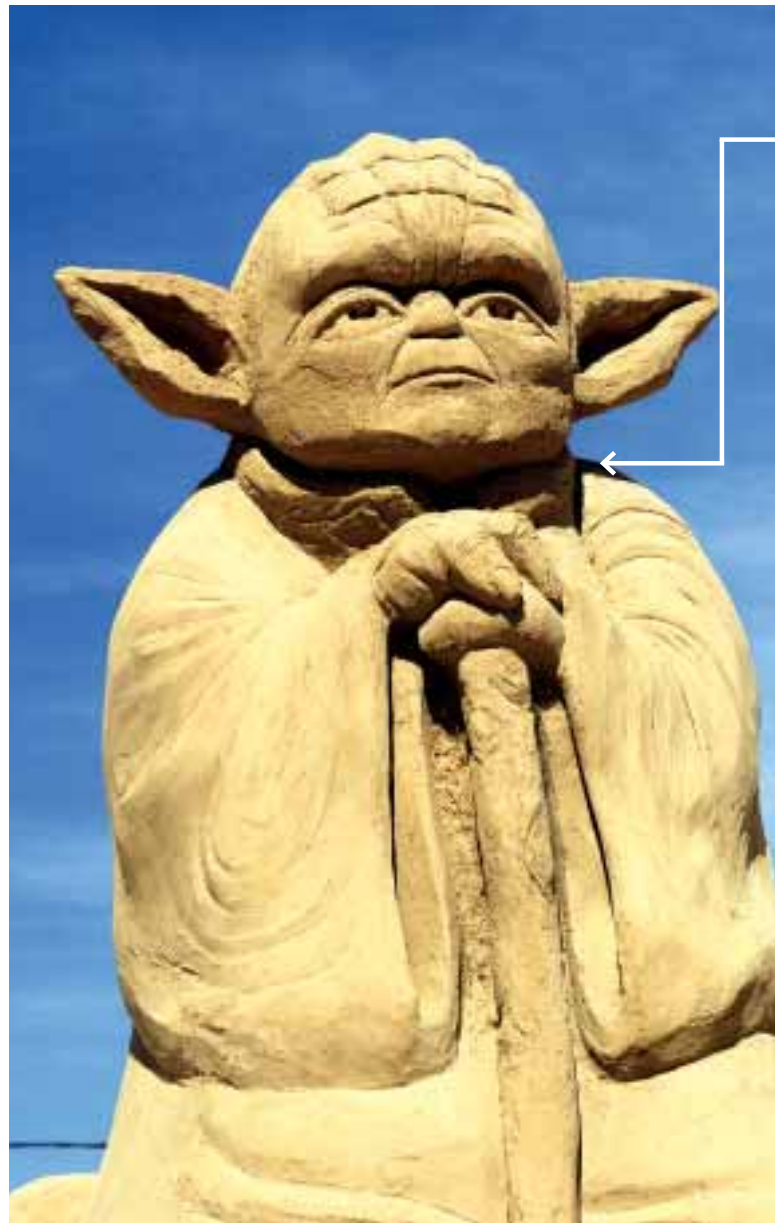
9 Long and Wind-ing Road. On this day in 1964, The Beatles played two shows at the old Mont-real Forum, in English.

Follow The Metro List on
Twitter @TheMetroList



Kelly Ripa and Michael Strahan
BEN GABBE/GETTY IMAGES

Strong is the Force on this beach



SCOTT AIKEN/REX FEATURES

FIESA 2012

The sand championships

Jedi master Yoda gets a holiday makeover at the FIESA 2012 International Sand Sculpture Festival in Portugal. It is the largest such festival in the world and this is the 10th anniversary. Each year, about 60 artists take part, and this edition's theme is "Idols." Masterpieces include Michael Jackson and Portuguese soccer star Eusebio. **METRO**



The White House at a U.S. sand show. GETTY IMAGES

Rival festivals

Portugal may have the biggest sand festival, but is it the best?

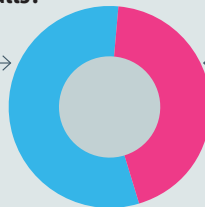
- **Harrison Hot Springs.** Canadian site that has hosted World Championships.
- **Weston-super-Mare.** U.K. event has taken place since 2005, but was vandalized this year.



Register at metropolitanpanel.ca and take the quick poll

Is it OK to use expletives on your friends' Facebook walls?

56%
NO, IT MAKES THEM LOOK BAD WITHOUT THEIR CONSENT.



44%
YES, ANYTHING YOU WOULD SAY IN CONVERSATION, YOU CAN POST ON THEIR WALL.

Twitter

@andiejack_

not in class, because by fourth year i have figured out how to give myself 4 day weekends!
#win #westernu

@JulianBudd:

Alrighty, back to work kids.
#WesternU

@MelanieSunday:

First shift at the new job tomorrow evening...Excited!

@Bam_86:

Everyone in London (ONT) smile! I just saw the Google StreetView Camera Car out snapping photos on Wonderland! #ldont #Google

@katexolawson:

ahhh my first job interview since 2007 #nervous

@APelaccia:

One part of this school is a freezer and another is a sauna #Fanshade



A film about the beauty of language should be better written than *The Words*. HANDOUT

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Story falls flat in film about storytelling

The Words. Flimsy characters, an ending filled with ennui and a pretentious premise make this movie about a novelist one to miss

Richard: Mark, words fail me. Or should I say, *The Words* failed me. A movie about the beauty of language should be better written than this. Let's put aside the bizarre story-within-a-story-within-a-movie structure for a second and focus on the words themselves. We are supposed to believe the Dennis Quaid character is a master wordsmith, but when he reads from his book it's as if he's reciting a police report. "And on a Friday afternoon, they were married at City Hall. They honeymooned in Paris." Where's the art in that?

Mark: Well, Richard, maybe the Quaid character is a Hemingway acolyte. And there are numerous references to him in the film. But what the movie is about is the power of storytelling. So how about this? Just tell the story! What is the purpose of the Quaid framing device except to show off Olivia Wilde's doe eyed frozen smirk?

RC: Perhaps it was seen as another opportunity for different characters to mouth platitudes. The blurred line between real life and fiction could have been an interesting plot device, but instead is just pretentious and dull. Are we supposed to take any of this seriously when the deepest any character gets is to tell us that great artists must choose between life and fiction? "They're very close, but they're two different things." Thanks for clearing that up.

MB: The movie actually sucked me in for the first half. Then it just sucked. I liked Jeremy Irons but I found that everyone's motivations were completely phony. And doesn't Bradley Cooper know that Paul Dano has the franchise rights to playing struggling novelists this year? And for a movie that's all about the gift of narrative, could someone have written an ending?

RC: I hate to just pile up on this movie, but it doesn't leave me with many options. Irons has something going until he says, "Wait, this is when it gets interesting." If only he were right. It's all just so earnest and poorly told, as if it is a lesson in how NOT to describe a writer's life. The abrupt ending didn't bother me that much. I was just glad it was over.

MB: I thought the movie was

Synopsis

Dennis Quaid plays Clay Hammond, a bestselling author reading from his book *The Words*. He spins the tale of Rory (Bradley Cooper), a struggling writer who publishes a manuscript he found tucked inside an antique briefcase. Taking credit for the words, he is forced to face his bad deed when the author of the book, an old man who lost the manuscript 50 years before, enters his life.

- Richard: ●●●●●
- Mark: ●●●●●

setting us up for a blackmail thriller, which would have been obvious, but nothing could have been as bad as the bloodless, whimpering ennui of the last third of this film.

2 SCENE

On the web



Scan this code or visit metronews.ca/scene to find out who took home a moon man at the MTV Video Music Awards on Thursday night.

Live a Happier, Healthier
& Greener Life!

ONE
WEEKEND
ONLY

SEPTEMBER 15-16
At the London Convention Centre
www.sagefair.com



Sage Fair

Milla likes hotel freebies and hunting zombies

Resident Evil franchise. Star of series talks about fifth film and the possibility of a female version of the Expendables



NED
EHRBAR
Metro World News in Hollywood

When I first see Milla Jovovich, she's carrying a handful of hotel toiletries to her bag, explaining that she's taking them home with her. "I have guest rooms, and I think it's super-chic to put them out, and then when people are finished with them, either they buy their own or they know it's time to leave," she explains.

"I can obviously afford to buy shampoo, but it's a principle thing, right?" Jovovich certainly can afford any toiletries she wants, since her zombie-fighting film series is up to its fifth installment, *Resident Evil: Retribution*, and it shows no sign of slowing down.

When you get to the fifth film in a franchise, how do you keep track of the story?

I'm married to the writer-director. That helps. Because literally, I think up until last year I totally thought Alice was the bad guy. And Paul [W.S. Anderson] was like, "No, but don't you remember in No. 1, the



Milla Jovovich is on her fifth installment of the *Resident Evil* franchise, and she's not about to slow down. HANDOUT

whole flashback sequence?" And I was like, "Are you sure?" And he's like, "I wrote the script. I think I'm sure." But pretty much there is no script. Michelle [Rodriguez] and I like to say that Paul just has a video camera and presses record.

So it's pretty much like reality TV, and we do our own thing. We just go into places where there's a big conglomeration of zombies, and he just presses record and we just go for it. (laughs)

There's talk of an all-female version of the Expendables.

We're the ones that set it up. Paul and I have an idea

for a female Expendables project, but Expendables is a very conceptual film, so how do you translate that into a female genre without being derivative? There's not that many girls that you would associate with that, do you know what I mean?

There are many more guys that are known as action stars than women, so how would you make a female Expendables in that way?

It's tough, but we have a really interesting idea that I won't tell you about right now, but it's really cool and it would be sort of like a female Expendables. It would be strong women taking vengeance.

Milla's Twitter rule

- Devote the time. "If I'm going to tweet, I need to tweet and be able to have an hour to tweet. I can't just tweet one thing and then disappear. It's a Russian thing. I'm a guilt-ridden human being, I live in guilt. Always. If I'm going to tweet, I want to chat, I want to have quality time. I could not tweet for a month, which I think is OK, but when I do tweet, I give them a good hour of my time. I don't want to be halfway there."

REGISTER FOR YOUR CHANCE TO
WIN
SUITE TICKETS
TO SEE THE
BUFFALO BILLS
AND ONE NIGHT
ACCOMMODATIONS
AT THE
**FALLSVIEW
SHERATON**
GAME DAY IS DECEMBER 9, 1PM
\$1000 APPROXIMATE VALUE

**METRO
AUCTIONS.CA**

Bidding Starts
September 7

SAVE UP TO 50%
ON THOUSANDS OF \$\$\$ IN
ONLINE AUCTION
ITEMS FROM
LOCAL BUSINESSES

**REGISTER
TODAY!**

metro



London's
Corner Drug Store
since 1938

**FREE
DELIVERY
CITY WIDE**

52 Grand Ave.
(519) 672-3340
www.turnerdrugs.com

**Vitamin &
Herbal
Therapy**
**Products &
Information**

\$21.99

Everyday
Low Price



**ENTER FOR YOUR
CHANCE TO WIN**
THE LIMITED EDITION
HARRY POTTER WIZARD'S COLLECTION
ALL 8 FILMS, EXCLUSIVE NEVER-BEFORE-SEEN
CONTENT & MUST-HAVE MEMORABILIA



VISIT
**club
metro
.com**
TO ENTER

©2012 Warner Bros. Entertainment Inc.
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrolondon

THOUSANDS OF \$\$\$\$ IN AUCTION SAVINGS — UP TO 50% SAVINGS! —

METROAUCTIONS.CA



Cosmopolitan and elegant. The Ekornes Oslo is one of our most opulent sofas. With the gently sloping contours, plush detailing and generous proportions the Oslo is a stunning example of contemporary Scandinavian design. With a fixed back and curved wood overlapping arm details, the Oslo is for those with a dramatic sense of style.

Leather - Paloma. Top grain colour - Stone 9406. Base - Espresso Stain.
85 1/2" width by 36 1/4" depth by 31 1/2" height.

OTHER PARTICIPANTS INCLUDE...



BIDDING IS AS EASY AS 1... 2... 3!

- 1.** Register at www.metroauctions.ca
- 2.** Peruse the site for items you like.
All new! All local!
- 3.** Place your bid.
It's that easy!

metro 

THESE PAGES COVER MOVIE START TIMES FROM FRI., SEPT. 7 TO THURS., SEPT. 13. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

London

Mustang Drive-In -London
2551 Wilton Grove Rd.,
519-644-1160

The Expendables 2 (14A) Fri-Sat 8:05
Sun 9:45 Tue 9:45 Thu 9:45
Hit & Run (14A) Fri-Sun 10:10 Tue
10:10 Thu 10:10
The Odd Life of Timothy Green (G)
Fri-Sun 8:15 Tue 8:15 Thu 8:15
The Possession (14A) Fri-Sat 10 Sun
8:05 Tue 8:05 Thu 8:05

Hyland Cinema
240 Wharnclyffe Road South,
519-913-0313

Beasts of the Southern Wild (PG) Fri
7 Sat 9 Sun 1-9 Mon 3 Tue 7 Wed 1-9

Thu 3
The Best Exotic Marigold Hotel (PG)
Fri 2:45 Sat-Mon 4:50 Tue 1 Wed 2:45
Thu 7
Moonrise Kingdom (PG) Fri 1-5 Sat 3
Sun 7:10 Mon 9 Tue 5:10 Wed 5 Thu
5-9:15
The Queen of Versailles (STC) Fri 9
Sat 1-9 Sun 3 Mon 1-7:10 Tue 3:15-9
Wed 7 Thu 1
Rainbow Cinemas London
355 Wellington St., 519-434-3073
The Bourne Legacy (14A) Fri-Thu 9:25
The Expendables 2 (14A) Fri-Thu 1:10-
3:40 7:25-9:40
Lawless (14A) Fri-Thu 1:05-3:35-
7:10-9:30
The Odd Life of Timothy Green (G)
Fri-Thu 1-3:25-7:15
ParaNorman (PG) Fri-Thu 12:50-

3:20-7
The Possession (14A) Fri-Thu 1:20-
3:45-7:20-9:45
Premium Rush (14A) Fri-Thu 9:10
Ruby Sparks (14A) Fri-Thu 1:15-3:30-
7:05-9:20
The Words (PG) Fri-Thu 12:55-3-
6:55-9

Western Film
Room 340, UCC Building,

Ted (14A) Fri-Thu 9:30
Total Recall (14A) Fri-Thu 7
Wellington 8 Cinemas
983 Wellington Rd. S, 519-685-2529
Brave (PG) Sat-Sun 1:10-3:40
The Campaign (14A) Fri-Thu 9:25
The Expendables 2 (14A) Fri 6:40-9:40
Sat-Sun 1:20-4-6:40-9:40 Mon-Thu
6:40-9:40

Hope Springs (14A) Fri 6:30-9:10
Sat-Sun 1:15-3:50-6:30-9:10 Mon-Thu
6:30-9:10
Lawless (14A) Fri 6:45-9:30 Sat-Sun
1-3:45-6:45-9:30 Mon-Thu 6:45-9:30
The Odd Life of Timothy Green (G)
Fri-Thu 6:50-9:20
ParaNorman (PG) Sat-Sun 1:35
ParaNorman 3D (PG) Fri 7:10 Sat-Sun
4:25-7:10 Mon-Thu 7:10
The Possession (14A) Fri 7:15-9:50
Sat-Sun 1:30-4:20-7:15-9:50 Mon-Thu
7:15-9:50
Premium Rush (14A) Fri 7:20-9:45
Sat-Sun 1:40-4:15-7:20-9:45 Mon-Thu
7:20-9:45
The Words (PG) Fri 7-9:35 Sat-Sun
1:25-4:10-7-9:35 Mon-Thu 7-9:35

Cineplex Odeon Westmount



Joseph Gordon-Levitt is one extreme bike courier in Premium Rush. HANDOUT

TICKETS ON SALE MONDAY, SEPTEMBER 10 AT 10:00 AM!

Capital One

Just
for
laughs

Comedy Tour '12

THE
RELATIONSHIP
EDITION

Jim Breuer
Modern Family Man

Debra DiGiovanni
The Single Cat Lady

John Heffron
The Domesticated Male

Godfrey
Ladies' Man

November 7 @ 7:30 PM
Centennial Hall
Tickets available at:
Centennial Hall Box Office
519-672-1967
centennialhall.london.ca

Capital One™
The Official Credit Card of Comedy

Just
for
laughs
Live

Line-up subject to change.

& VIP Cinemas
755 Wonderland Road
South, 519-474-2796

The Bourne Legacy (14A) Fri 3:40-
6:50-9:55 Sat 12:45-3:45-6:50-9:55
Sun 1-3:55-6:50-9:55 Mon 6:50-9:50
Tue 4-6:55-9:55 Wed-Thu 6:50-9:50
Fri 4:20-7:15-10:10 Sat 7:15-10:10 Sun
1:20-4:20-7:15-10:10 Mon 7:45 Tue
4:20-7:15-10:10 Wed-Thu 7:45
The Campaign (14A) Fri 5:30-7:50-
10:20 Sat 1:05-3:15-5:30-7:50-10:20
Sun 1:05-3:15-5:30-7:50-10:10 Mon
7:30-9:55 Tue 5:10-7:30-10:20 Wed
1:30-7:30-9:55 Thu 7:30-9:55
The Dark Knight Rises (PG) Fri 3:20-
6:45-10:15 Sat 2:45-6:45-10:15 Sun
1-4:30-8 Mon 8 Tue 4:30-8 Wed-Thu 8
The Expendables 2 (14A) Fri 4:10-
7:10-9:45 Sat-Sun 1:20-4:10-7:10-9:45
Mon 7:10-9:45 Tue 4:10-7:10-9:45 Wed
1:20-7:10-9:45 Thu 7:10-9:45 Fri 4:50-
7:45-10:30 Sat-Sun 1:50-4:50-7:45-
10:30 Mon 8:15 Tue 4:50-7:45-10:25
Wed-Thu 8:15
Hope Springs (14A) Fri-Sun 4:20-7-
9:30 Mon 7-9:30 Tue 4:20-7-9:30 Wed
1:10-7:05-9:30 Thu 10
Ice Age: Continental Drift (PG) Sat-Sun
2
Last Night of the Proms Live - BBC
Proms 2012 (STC) Sat 2:30
ParaNorman (PG) Sat-Sun 2:20 Star &
Strollers Screening Wed 1
ParaNorman 3D (PG) Fri-Sun 4:50-
7:20-9:50 Mon 7:20-9:40 Tue 4:50-7:20-
9:50 Wed-Thu 7:20-9:40
The Possession (14A) Fri 5:40-8-
10:25 Sat 1:10-3:25-5:40-8-10:25 Sun
1:10-3:25-5:40-8:05-10:25 Mon 7:50-
10:10 Tue 5:30-7:50-10:15 Wed-Thu
7:50-10:10
The Words (PG) Fri 5:10-7:40-10:05
Sat 12:40-2:55-5:15-7:40-10:05 Sun
2:10-4:50-7:30-10 Mon 7:40-10:05 Tue
5:10-7:40-10:05 Wed-Thu 7:40-10:05
Fri 4-6:45-9:30 Sat-Sun 1-4-6:45-9:30
Mon 7:15 Tue 4-6:45-9:30 Wed-Thu
7:15 Star & Strollers Screening Wed 1

SilverCity London
1680 Richmond St,
519-673-4125

The Bourne Legacy (14A) Fri-Sat 1:30-

4:35-7:40-10:40 Sun 1:20-4:10-7-9:55
Mon-Thu 1:50-4:40-7:30-10:20
The Campaign (14A) Fri 1:35-3:50-
6:05-8:25-10:35 Sat 1:35-3:50-6-8:25-
10:35 Sun 1:25-3:35-5:45-7:50-10 Mon-
Tue 2:35-4:50-7-9:40 Wed 4:50-7-9:40
Thu 2:35-4:50-7-9:40 Star & Strollers
Screening Wed 1
The Dark Knight Rises: The IMAX
Experience (PG) Fri-Sat 12:30-3:50-
7:10-10:30 Sun 1:30-5-8:30 Mon-Thu
1:50-5:10-8:30
Diary of a Wimpy Kid: Dog Days (G)
Fri 12:50-3:20-5:45-8:05 Sat 11:30-
2-8:05 Sun 1:40-4:05-7 Mon-Thu
2:40-5-7:35
The Expendables 2 (14A) Fri-Sat 12:35-
3-5:40-8:20-10:45 Sun 1:10-3:30-5:50-
8:10-10:30 Mon 2:20-4:40-7:20-9:50
Tue-Thu 2:20-4:40-7:20-9:55
Hit & Run (14A) Fri-Sat 10:20 Sun 9:45
Mon-Thu 10:15
Hope Springs (14A) Fri 1:55-4:50-
7:25-10 Sat 11:20-1:55-4:50-7:25-10
Sun 4:50-7:25-10 Mon 1:55-4:50-10
Tue-Thu 1:55-4:50-7:25-10
Last Night of the Proms Live - BBC
Proms 2012 (STC) Sat 2:30
Lawless (14A) Fri-Sun 2-4:45-7:30-
10:15 Mon-Thu 2-4:45-7:30-10:10
Madam Butterfly 3D - Royal Opera
House (STC) Sun 12:30 Mon 7
The Odd Life of Timothy Green (G)
Fri 2:05-4:40-7:15-9:50 Sat 11:10-4:40-
7:15-9:50 Sun 2:05-4:40-7:15-9:50
Mon-Thu 2:05-4:30-7:15-9:50
ParaNorman (PG) Fri-Sat 12:45 Sun
1:35 Mon-Thu 2:25
ParaNorman 3D (PG) Fri-Sat 3:05-
5:25-7:45-10:05 Sun 3:50-7:05-9:15
Mon 4:35-7:45-10:05 Tue-Thu 5:05-
7:45-10:05
Pee-wee's Big Adventure (STC) Sat 11
The Possession (14A) Fri-Sat 1:15-
3:35-5:55-8:15-10:35 Sun 1:15-3:30-
5:40-7:55-10:15 Mon-Thu 2:30-4:55-
7:10-9:45
Premium Rush (14A) Fri-Sat 1:20-3:40-
6-8:30-10:45 Sun 1:05-3:25-5:35-7:50-
10:10 Mon-Thu 2:10-4:25-6:55-9:30
The Words (PG) Fri-Sat 12:40-3:10-
5:35-8-10:25 Sun 1-3:15-5:35-8-10:25
Mon-Tue 2:15-4:35-7:05-9:35 Wed
4:35-7:05-9:35 Thu 2:15-4:35-7:05-9:35
Star & Strollers Screening Wed 1



HAHAHA.COM/COMEDYTOUR

What's the deal with Perry and Mayer?

It's getting tough for folks to keep up with Katy Perry's romance with John Mayer. Two weeks ago, the pair was supposedly off when Mayer dumped Perry after a couple of months of "casual dating," but that doesn't explain why Perry and Mayer have been spotted together twice in the last week, according to X-17.

First, they hit up a Labour Day weekend music festival in downtown L.A., and then just a few days later they were spotted sneaking out of a restaurant after having dinner together.

People who have recently broken up don't usually spend that much time together.



The Word

Pattinson's drinking problem is 'out of control': Source

Friends of Robert Pattinson reportedly want the actor to seek treatment for a drinking problem they say he's had for years and has only gotten worse since revelations of girlfriend Kristen Stewart's infidelity came to light, according to Hollywood scoop.

Pattinson "has a huge drinking problem" and his friends and family "think that he needs to go to rehab," a source says.

But apparently his drinking is nothing new, according to the source: "He was drinking every day on the set of *Cosmopolis* and everyone on the set was aware of this," the source says. "His drinking is out of control. He loves vodka and drinks alone."

METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lohan sets record straight about Tom Cruise story

Somewhat, Lindsay Lohan got pulled into a recent Vanity Fair story about the Church of Scientology auditioning actresses to be Tom Cruise's girlfriend before he married Katie Holmes, and Lohan just wants everyone to know she has no idea what the magazine is talking about.

"Lindsay met with Tom before he met Katie," a source tells the Huffington Post.

"At first, she was super-excited to work with Tom and thought it was about a role in *Mission Impossible*. It soon became clear that he wasn't looking for an actress but something very different."

Looking to clear her name, Lohan was quick to take to Twitter to post, "I just want everyone (and Tom Cruise) to know, that I have/had NO part in the VF story — nor has anyone in my life, personal and work-related."

No more hangovers for Bradley Cooper

Bradley Cooper says he's been sober for eight years, staying away from drugs and alcohol after over-indulging in his 20s.

"I was at a party and deliberately bashed my head on the concrete floor — like, 'Hey, look how tough I am,'" Cooper remembers from his wilder days.

"And I came up, and blood dripped down. And then I did it again. I spent the night at St. Vincent's Hospital with a sock of ice, waiting for them to stitch me up."

Part of what led to so much reckless behaviour, he admits, was worrying about his acting career, which was stalling at the time.

"I was so concerned what you thought of me, how I was coming across, how I would survive the day. I always felt like an outsider," he explains.

"I just lived in my head. I realized I wasn't going to live up to my potential, and that scared the hell out of me. I thought, 'Wow, I'm actually gonna ruin my life; I'm really gonna ruin it.'"

Does your child struggle with his or her weight?

Do you and your child want to talk about ways to address the challenges to living a healthier life?

If your child is overweight and between the ages of 8-14, you and your child may be eligible to participate in "**C.H.A.M.P. Families**" at Western this October.

"**C.H.A.M.P. Families**" is the first phase of a project that focuses on the development of a parent-focused program for obese children and their families.

We want to talk to you and your child about **YOUR** needs and wants and what **YOU** think is important for the development of a parent-focused childhood obesity program.

For more information contact
Dr. Shauna Burke
at 519-661-2111 x. 82214
or sburke9@uwo.ca

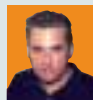
"You either **LIVE** or **DIE**. There is **NO** in-between." Childhood Cancer Survivor

DESTINATION BEYOND CANCER
FOLLOW US @ www.metronews.ca/snkr
SEPTEMBER 5 - 21, 2012

IT'S NEVER TOO LATE TO DONATE
GO TO www.metro.snkr.com

Liquid Assets

Laughs in a wine bottle



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

I try not to take things too seriously — especially wine. Knowing my booze beverage of choice can pour pretty pretentious just makes me more than happy to poke fun at its reputation for being a glass for the upper class.

In my slightly twisted mind, wine is the people's drink and should never be put on a pedestal or treated like a liquid of luxury (even if the bottle costs a few hundred bucks).

That's why I appreciate winemakers with a sense of humour. I'm not talking about their juice. It's more about how they brand their output. The Aussies are masters at making classy, yet accessible, wines with amazingly original names.

When it comes to old school fun Mitolo's 2010 Jester Shiraz (\$21.95 - \$24.99) is more than a thick, textured red from the McLaren Vale in South Australia. Its name was inspired by jester Richard Tarlton — one of Queen Elizabeth I's favourite comedians.

Dark, deep and layered with licorice, spice and chewy black fruit, it's a perfect late summer barbecue companion for steak or a choice slab of beef. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



Serve restaurant taste at your dinner table

Spicy Pork and Polenta. Take the mystery out of cooking this maize, which is a staple in Italian cuisine

Most people consider polenta a restaurant food. That's because as good as this creamy, cheesy Italian staple is, few of us have the hour needed to crank it out.

But hidden on the grocer's shelves is a shortcut that can help get polenta on your dinner table any day of the week in minutes — prepared polenta. This is different — and far better — than a related product known as instant polenta. But first, some polenta basics.

Polenta is a traditional starch in Italian cooking, an alternative to pasta, rice and potatoes that pairs deliciously well with robust sauces and meats. Polenta is made by slowly simmering and stirring cornmeal with chicken broth or water. It usually also is seasoned with Parmesan cheese and butter.

While the dry product called instant polenta prom-

Ingredients

- 1/2 cup mirin
- 1/4 cup crushed pepper sauce
- 1/4 cup seasoned rice vinegar
- 2 tbsp soy sauce
- 1 lb thinly sliced pork cutlets, cut into chunks
- 1 cup milk
- 2 tbsp toasted sesame oil
- 4 oz crumbled feta cheese
- Salt and ground black pepper



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

ises results in five minutes or less, it tends to be grainy and flavourless. The better choice is tube-style pre-cooked polenta, usually sold in the grocer's natural foods section. This product is ready to slice and toss on the grill, under the broiler or into a skillet to pan-fry.

1. In stainless steel bowl, stir mirin, crushed pepper sauce,

vinegar and soy sauce. Add pork, toss, refrigerate 20 mins.

2. Meanwhile, in saucepan over medium heat, combine polenta and milk. Stir until soft and heated through, 6 to 7 minutes. Cover and set aside.

3. In skillet, heat oil over medium-high. Remove pork from the marinade (reserve

marinade) and add to pan. Brown cutlets on each side 4 mins. Add marinade from bowl to skillet and bring to a boil.

4. Stir feta cheese into polenta, then season with salt and pepper. To serve, spoon polenta onto each plate, then top with pork cutlets and sauce from pan. **THE ASSOCIATED PRESS**

OUTDOOR BALL HOCKEY LEAGUE

register now for the

FALL SEASON

\$150
per player

- * 12 games plus playoffs
- * End of season team party
- * Divisions for all ages



BALL HOCKEY AT ITS BEST

WWW.BALLHOCKEYINTERNATIONAL.COM

519.455.2255



On the Web



The latest for the tech-obsessed homeowner: Wi-Fi fridges, washers and dryers

NEED A RIDE?

Read metrodrive every Wednesday.

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.



MIX OF SIX
Mila Petkovic
london@metronews.ca



The Weakerthans' Samson in town

John K. Samson, front-man of Canadian rockers The Weakerthans, is performing solo at Aeolian Hall (795 Dundas St. E) on Thursday. Hailing from Winnipeg, Samson is known for his poetic lyrics set to catchy indie-rock riffs. He will be joined by special guest Michael Feuerstack, a singer-songwriter and multi-instrumentalist from Montreal. Tickets are \$22 at the door or \$18 in advance (\$15 for students) at Aeolian Hall, by phone at 519-672-7950, or online at aeolianhall.ca. Doors open at 7 p.m.



Tee time

On Thursday, Greenhills Golf Course (4838 Colonel Talbot Rd.) will be hosting its first-ever glow golf event, where participants will play a 9-hole round in the dark with only their senses and glow-in-the-dark golf balls to guide them. The event is organized by DeafBlind Ontario Services, and aims to challenge perceptions of deaf-blindness by creating a sensory deprived environment. Tickets are \$75 each or \$250/foursome and are available at deafblindontario.com or 1-855-340-3267. 6:30-10:00 p.m. Tee-off is at sunset, preceded by a barbecue dinner.



Arkells hit the Fair

The Arkells are coming to Western Fair District (900 King St.) on Thursday at 7:30 p.m. The Hamilton band is among a slew of musicians performing at the fair, including Trooper on Saturday, and April Wine on Monday. Local act Two Crown King will open for the Arkells. All concerts are free with admission to Western Fair (Sept. 7 to 16), on the Coca-Cola Main Stage on the west side of the main midway. Fair tickets are available at westernfairdistrict.com for \$8, or at the Western Fair District gates for \$14.



The festival that stinks

Garlic lovers rejoice: There's a whole festival dedicated to your favourite pungent plant. The Stratford Garlic Festival, also known as the festival that stinks, is gearing up for its sixth year, featuring a garlic chef competition, garlic marketplace, garlic braiding workshop, garlic presentations, along with garlic growers, vendors, seminars, demonstrations, and arts and crafts — and, of course, lots of garlic treats. The festival runs Saturday from 9 a.m. to 4 p.m. and Sunday from 10 a.m. to 4 p.m. at the Old Stratford Fairgrounds, 20 Glastonbury Drive, Stratford. Admission \$5/day.



Nature as art

Emerging Vancouver artist Erin McSaveney is bringing her work to London in a new three-week exhibition, called Shelter, at the Michael Gibson Gallery (157 Carling Street). Inspired by photos she took on a family camping trip while driving through central British Columbia, this collection of paintings blurs the line between realistic landscapes and more abstract formalism. McSaveney has been showing her work around Canada since 2003. The opening reception is from 8 to 10 p.m. on Friday at Michael Gibson Gallery, and McSaveney will be present. The event is open to the public.



Food fit for an earl

Earls Kitchen and Bar (1029 Wellington Rd. S) is celebrating the rollout of its new fall menu. Using only fresh ingredients and a seasonally changing menu, this will be the first autumn offering at the Canadian chain's first London location, which opened in April. Highlights of the new menu include the tuna albacore sushi salad, borne of a sushi roll deconstructed into a salad, and the rustic gourmet chicken and mushroom fettuccine. The fall menu rollout begins on Wednesday. Price range approximately \$15 to \$25 for appetizers and entrees.

BIGGEST MONEY MISTAKE ESSAY CONTEST

SEPTEMBER 7 TO OCTOBER 21

"Mine was sort of a tsunami. It broke everything around us. Life is not about the mistakes you've made, but the lessons you've learned. If that's so, I am now empowered."

YOU COULD WIN A \$4,000 GRAND PRIZE!

It's easy. In 300 words or less, simply share your inspiring story about the biggest money mistake you ever made and how you managed to overcome it. You could win \$1,000, \$3,000 or \$4,000!

Go to cewc.ca for contest rules and regulations and more details.



Credit Education Week CANADA



Credit Canada
Debt Solutions

PROUD SPONSOR



No purchase necessary. Entry period is from September 7, 2012, 12:01 a.m. ET until October 21, 2012, 11:59 p.m. ET. Entries will be judged on a number of criteria. Contest is open to Canadian residents who have reached the age of 19. Odds of winning depend on the number and quality of entries received.

metro
Metro 101:
**FROSH
GUIDE**

Weekend, September 7-9, 2012



Prior to moving into a place, students should take photos or video to show what state it was in. This evidence can help protect the tenant down the road. JUPITERIMAGES/COMSTOCK/THINKSTOCK

Do your homework before renting

Housing. The key to successful tenancy is knowing your rights

**RICHARD
WOODBURY**
For Metro

When people are renting housing for the first time it can be a confusing process. This is especially true for students attending post-secondary education outside of their home province because the legislation governing tenancy varies.

For this reason, students should do their homework before renting.

"The bottom line is you have to learn what your tenant rights are in the province (where) you live," says Maryvonne Sallenave, the supervisory tenant duty counsel with the Advocacy Centre for Tenants Ontario.

For example, in Nova Scotia, a damage deposit can be no more than a half month's rent, while in Ontario, there is no such thing as a damage deposit.

Another example is damage deposits for pets. In British Columbia, it cannot

Insurance policies are cheap

A recent poll from TD Insurance found 32 per cent of Canadian renters younger than 35 incorrectly believe they are covered by their landlord's insurance policy. A renter who

wants coverage for their personal possessions and liability for accidents can get a tenant's insurance policy for around the price of two movie tickets, says TD Insurance.

be more than half of one month's rent, but in Nova Scotia, pet damage deposits aren't allowed.

The good news is it isn't hard to get up to speed on tenant rights. Provincial governments across the country

post information on their websites in easy-to-understand formats, including brochures, FAQs, plus there are hotlines one can call.

When it comes time to signing a lease, be sure to get it in writing.

"The important thing to remember is that a lease is a contract, so a written contract is going to protect both parties..." says Rhia Perkins, an official with Service Nova Scotia and Municipal Relations, the branch of government under which the province's Residential Tenancies Act falls.

"It helps both people know exactly what they are agreeing to."

The lease will include details such as the amount of rent, when the tenancy starts, whether there are any rules, and should also spell out whether things such as util-

ities or cable are included.

Prior to moving into a place, students should take photos or video of the apartment to show what state it was in. This evidence can help protect the tenant down the road.

"(Students are) often blamed for damages that may have already existed when they moved in," notes Sallenave.

One final thing students should get acquainted with is the rules surrounding subletting, as the academic term probably won't coincide with the length of the rental agreement.

Don't just call a cab... call a Checker!

- Comparable to Taxi Service
- Know Before You Go
- Clean Cars and Uniformed Drivers
- Flat Rate Pricing
- Airport Service
- VIP Online Booking

CHECKER

519-659-0400



Apply Online for Your VIP Account Today!

www.checkerlimousine.com

Dorm room essentials

Student survey. Moving away from home means you can't rely on your parents anymore

ASTRID
VAN DEN BROEK
For Metro

Not sure what you will need in residence? Here are some items essential for dorm life.

Bedding: After surveying 100 university students on their top

needs for living in residence, bedding was the No. 1 item on the list, noted Sandra Krsek, director of product development and innovation for Toronto-based Walmart Canada. This includes duvets or blankets, sheets, pillows and pillow cases.

Towels: Think face cloths, bath towels, bath puffs and more.

Kitchen items: Depending on the way your residence is set up and meal plan, you may need a full kitchen set or some key items to cook with on a shared stove such as a few pots, spoons, dish ware and more. Krsek noted that small appliances such as blenders also were of interest in its survey. "Our students told us they wanted to be a little

Items not to be missed

Peggy Wakabayashi, director of residences for London, Ont.'s Western University, also informally surveyed a handful of Western students for their advice on what else university students might need to settle into their new living quarters. Here's what they recommend:

Electronics: Power bar, extension cord, USB cord for your printer (to connect your printer to your computer — many printers don't come with them), long Ethernet cord (longer than 10 feet).

Furniture: Foam topper/memory foam to put on top of the mattress, extra linens and an extra set of sheets.

Office/Organizational: Hangers, wall calendar, four-month calendar, masking tape for hanging posters or pictures, and 3M hooks.

Other: Slippers, bath robes (even for guys), flip-flops for in the showers, memories of home to decorate your room with, easy snack food like granola bars/instant noodles.

School supplies: Everything from laptops and USB keys to pens and notebooks.

Additional furniture: Think extra seating such as a bean bag chair. "Or a little stool that can function as extra seating when they have friends come over," says Tamara Robbins Griffith, design expert for HomeSense.

Zebra Boxes, \$8, top, available at Walmart, walmart.ca, King Size Cotton Sheet Set, \$49.99, below, available at HomeSense, homesense.ca, Desk Lamp, \$39.99, right, available at HomeSense, homesense.



Sign of the times

For the past 15 years, Beloit College has published an annual Mindset List to help remind professors that cultural references familiar to them might draw blank stares from university and college freshmen. Here are highlights from some of the recent lists:

- **2012 List (Class of 2016):** A significant percentage will enter college already displaying some hearing loss. There have always been blue M&Ms but no tan ones.
- **2011 List (Class of 2015):**

They "swipe" cards, not merchandise. Refer to LBJ and they might assume you are talking about LeBron James.

- **2010 List (Class of 2014):** Few in the class know how to write in cursive. They never twisted the coiled handset wire aimlessly around their wrists while chatting on the phone.
- **2009 List (Class of 2013):** The Green Giant has always been Shrek, not the big guy picking vegetables. They have never used a card

catalogue to find a book.

- **2008 List (Class of 2012):** They never heard an attendant ask, "Want me to check under the hood?" Soft-drink refills have always been free.
- **2007 List (Class of 2011):** They have grown up with bottled water. They drove their parents crazy with the Beavis and Butt-Head laugh.
- **2006 List (Class of 2010):** "Google" has always been a verb.

THE ASSOCIATED PRESS

BACK TO SCHOOL SPECIAL



SCOOTER
CANADA

E-Bikes / Trikes
Sales • Service

No License
No Insurance
Financing Available

STUDENT SPECIAL

\$100 OFF

Any Scooter with this coupon

Valid until Oct 31/12
208 Piccadilly St. • 519-432-4000

208 Piccadilly Street, London Ontario
519-432-4000

WELCOME BACK STUDENTS!

London
nofrills®
lower food prices

WON'T BE BEAT™

BEST OF LONDON
2012 WINNER

Scan here for more information



Masse's
925 Southdale Rd.

Mark's
599 Fanshawe Pk Rd. W.

Gary's
7 Baseline Rd.

Brian's
1275 Highbury Ave.

Paul & Cathy's
960 Hamilton Rd.

Adrian's
1925 Dundas St. E.

Rundle's
635 Southdale Rd. E.

Nutrition. Try to avoid the 'frosh 15'

KELLY
PUTTER
For Metro

Binging on burritos might be a hallmark of life away from home, but it wouldn't hurt to summon mom's advice about eating your veggies the next time you are staring down a vending machine.

Eating healthy while at college or university is a good

idea to stave off weight gain and to boost brain health and alertness, say health and nutrition experts.

"It's easy to see why healthy eating might fall off someone's radar when coming to school," says Marcus O'Neill, a dietician and assistant director of the Human Nutrition Research Unit at the University of Alberta. "They don't have mom and dad pre-

paring meals and they're eating out more. There are more stresses and time constraints and parties."

The expression "frosh 15" or "freshmen 15," which describes the average 15 pounds it's said many freshmen gain in their first year, is quite real, says O'Neill, although he believes a gain of five to 10 pounds is typically more accurate.

To prevent frosh pounds and to keep your brain optimally charged, O'Neill recommends freshmen do everything they can not to skip meals. Eating regular meals means you are less likely to overeat at the next meal.

Try to pack a lunch as well as some healthy snacks. Keep food and snacks in your fridge, pantry or backpack.

"Eating out is the No. 1

source of increased calories," O'Neill says. "So the more often you can bring your lunch, the better."

Limiting your alcohol consumption will avert empty calories in addition to the temptation to overeat. O'Neill says recent studies have shown people are more likely to overindulge following alcohol consumption and the type of food consumed is

probably not the best.

Staying hydrated is important for brain health, says Kelly Neville, a wellness co-ordinator at Memorial University in St. John's. Drinking plenty of water is a far better choice than filling up on high-calorie sugar drinks such as pop and juice. Also watch your caffeine consumption, she warns, as too much can cause irritability and anxiousness.

Winks
Eatery, Inc. Located on Albert St @ Richmond

KARAOKE EVERY SUNDAY!

Live entertainment every Thursday, Friday & Saturday

Daily food and beverage specials

Great patio, breakfast everyday plus a vast menu of all your favourites!

BURGERS... NACHOS... FRITO PIE... BREAKFAST POUTINE...

GROUP PARTIES ARE WELCOMED!

519 936 5079

WELCOME BACK STUDENTS!!!
YOUR STUDENT HEADQUARTERS

Detroit Redwings ticket give-away every Friday night!

\$2.75
Bottled Beers & Mixed Drinks
5 PM TIL 8 PM EVERYDAY

London Knights ticket give-away every Saturday night!

Beef
GENTLEMEN'S CLUB

624 Yeek St. London 519-672-3430 beefbarononline.com

Exercise both the body and mind

RICHARD
WOODBURY
For Metro

Imagine if somebody told you about something that was scientifically proven to improve your mood, reduce depression and anxiety, improve sleep, attentiveness, energy levels and the ability to concentrate — you would probably think it was too good to be true.

Actually, this quasi miracle drug is just plain, old-fashioned exercise.

An added benefit for students is that regular exercise can help improve their grades.

"You'll find that people who are more physically active will tend to do better on memory tests than those who are not physical active," says Brian O'Regan, a kinesiologist and personal trainer at Mixx Fitness Studio in Vancouver.

At campus fitness facilities across the country, there is a great rush of students heading to the gym at the beginning of each semester. Within weeks, the traffic dies down.

So what can students do to not become one of the two-week casualties?

The key is to schedule exercise into your life by making it a top priority.

"Yes, you've got to study



One trainer recommends students exercise on the same days every week, much like they take classes on the same day every week. ISTOCKPHOTO/THINKSTOCK

and you have opportunities to go out and socialize, but if you have a written plan, it's easier to stick to it," says O'Regan.

Sam Michael agrees. He is one of the head trainers at Gym-Zone Lasalle in Montreal.

"If you just say, 'I'm going to do it' and don't write it down, you're not going to do it," he says.

Michael recommends students exercise on the same days every week, much like

they take classes on the same days every week.

He also says that if people are realistic with their time and how much time they can devote to exercising, it will be easier for them to stick to that routine.

"You don't need to train for two hours (a session)," says Michael. "An hour or an hour and a half, three to four times a week is a lot of time for training."

Having a gym buddy will also help make sticking to a

fitness routine easier.

The ideal partner will be somebody who is in similar shape and has similar fitness goals.

On the point of goals, it's crucial that people set tangible and realistic concrete goals, such as wanting to lose "X" amount of pounds over a certain period of time or being able to bench press a certain weight by a certain date.

"If you're not training for a goal, it's hard to stick to it," says O'Regan.

Looking for a great volunteer opportunity?

Help our London community at
www.goodwillindustries.ca or
call 519-850-9000 x 2222

Goodwill





Think of small items to touch up your space, such as ottomans. HOMESENSE PHOTO

Settle in, in style

Dorm decor. Get inspired to make your home away from home look colourful and bold

ASTRID VAN DEN BROEK
For Metro

Forget decorating your dorm room with milk crates and mom's old dishes.

"In some ways, young people now are more sophisticated than ever," says Tamara Robbins Griffith, design expert for Toronto-based HomeSense. "They have the technology at their fingertips so they're very inspired by décor shows and Pinterest and they want to express their style."

Here's what's hot for fall dorm looks.

Pops Of Colour

Whether it's bedding or a colourful lamp, bright colours are still popular, notes Robbins Griffith. "A lot of time students are stuck with white walls, so the chance to bring in bold colours adds a lot."

Accent Pieces

Along with that lamp, think of small items to touch up your

space such as ottomans, storage containers and pillows.

"It's important to make your home away from home more comfortable by co-ordinating your bedding with colourful cushions, throws and accessories," says Madeleine Löwenborg-Frick, public relations manager for Toronto-based Ikea Canada.

Prints. On Almost Everything Zebra stripes, florals and geoprints are all hot sellers at Walmart Canada.

"Everything in our storage items is in the bright purple and pinks with tons of patterns from florals to zebras or funky geoprints," says Sandra Krsek, director of product development and innovation for Walmart.

So how do you fit all these great ideas into a space the size of your bedroom? Here are some tips on small-space living.

• Use storage: Living in a multi-use space means storage is key. "If you can hide stuff such as toiletries or kitchen items in



Zebra stripes, florals and geoprints are all hot sellers. HOMESENSE PHOTO

attractive containers it makes a huge difference," says Robbins Griffith. "So think storage boxes, canisters and containers to stash away stuff. It makes the room look nice and helps the space look organized."

• Pick double-duty items: Look for items that do twice the work, such as a small storage ottoman that also acts as seating. "Or a stool that functions as extra seating but can also used as a side table for a lamp,"

says Robbins Griffith.

• Get creative: "When you can't put holes in a wall, it can be challenging to make the most of your space. But think about what you do have available and how it can be used," notes Löwenborg-Frick. "Items on the backs of doors or under the bed can help keep you organized. Over the door hanging baskets or hooks can store everything from extra school supplies to bathroom items."



BOGO
Buy 1 YO Bowl Get 1 **FREE!**

NEW

Fanshawe
1579 Oxford St. East

DownTown
515 Richmond St.

White Oaks Mall
1105 Wellington Rd.

yoyosyogurtcafe.com **f t**

*Full price YO Bowl minimum \$5 purchase. Lowest priced YO Bowl is free. YoYo's Yogurt Café reserves the right to cancel or alter/change this promotion without prior notice. Must present coupon. No cash value. May not be used with any other offer. Expires April 30, 2013. 120906080.

'Super Mario' feels like a rookie again

NFL. High-profile defensive end makes debut for Bills as Tebow Time gets underway for Jets on Sunday

It's Tebow Time for the New York Jets, and Super Mario's big debut for the Buffalo Bills.

Tim Tebow and Mario Williams, two of the NFL's highest-profile players, switched teams this off-season and are hoping to have huge impacts — starting with the regular-season opener at MetLife Stadium on Sunday in East Rutherford, N.J.

"I really don't get nervous, but it does feel like my rookie year all over again," said Williams, who signed a six-year, \$100-million US deal with the Bills in March after six years in Houston. "It does feel like I got drafted again. I'm pretty sure it'll be a little bit, a little anxiety, but it'll be fine."

The Bills are banking on the fact that Williams will add a big-time boost to their defence, wreaking havoc on opposing quarterbacks every Sunday and helping Buffalo improve a defence that managed just 29 sacks last season.

"You kind of sit back and go, 'whew,'" Jets coach Rex Ryan said. "He's a tremendous player. Your first thought is you're going against him, then you think, 'He does get to play New England twice, so that's kind of a good thing.' If we can survive, hopefully New England will struggle with him. That's it. It's like, 'Whew.' The conference, our league is getting better. You steal one of the top pass rushers in the game. Clearly, you think, 'Oh man.' You hope that he doesn't go into our division, but here he is."

And, so is Tebow, the popu-



Mario Williams, left, talks with teammate Kyle Williams during practice Wednesday in Orchard Park, N.Y.

DAVID DUPREV/THE ASSOCIATED PRESS

Quoted

"I just want to be able to help any way I can."

Tim Tebow, Jets backup QB

lar backup quarterback whose role in New York's offence has been kept mostly under wraps all off-season to keep defences on their toes. Tebow will work in new offensive co-ordinator Tony Sparano's wildcat packages and as the personal punt protector on special teams.

Beyond that, anybody's guess is as good as Buffalo's.

THE ASSOCIATED PRESS

How much Tebow time?

Tim Tebow, acquired by New York from Denver in March, will work anywhere from a handful to 20 plays each week, depending on the game and the opponent.

- He and starter Mark Sanchez have said all the right things throughout the off-season, but many fans and media insist this is a combustible situation that

can have fans chanting for Tebow to supplant Sanchez at the first sign of trouble.

- But the Jets believe having Tebow is a lot better than not having him, mainly for the problems he creates for defences who need to plan and account for him, and the marketing gold he provides off the field because of his overwhelming popularity.



NFL

Ravens to pay tribute to Modell

The Baltimore Ravens and the family of Art Modell will stage a silent tribute to the team's former majority owner Saturday by placing his casket on the team's home field.

David Modell said he and his brother, John, were at their father's side on Thursday when he "died peacefully of natural causes."

He was 87.

Modell was among the most important figures in the NFL as owner of the Cleveland Browns, which became the Ravens after he took the team to Baltimore in 1996 in a move that tarnished his reputation as one of the league's most innovative and influential owners.

THE ASSOCIATED PRESS

Tennis

Ferrer wins marathon match to reach semifinals

With his high-energy brand of leg-churning, ball-chasing tennis, fourth-seeded David Ferrer outlasted eighth-seeded Janko Tipsarevic of Serbia 6-3, 6-7 (5), 2-6, 6-3, 7-6 (4) in four hours, 31 minutes on Thursday to reach the U.S. Open semifinals for the second time. THE ASSOCIATED PRESS



David Ferrer celebrates in New York on Thursday.

THE ASSOCIATED PRESS

Canada's Electoral Map Is Changing

The Federal Electoral Boundaries Commission for Ontario wants to hear from you



Redistribution
Federal Electoral Districts
Redécoupage
Circonscriptions fédérales

Your Chance to Participate

Every 10 years, federal electoral districts — where you live and vote for your member of Parliament — are revised to reflect shifts and growth in Canada's population.

Public hearings on the proposed new electoral map for Ontario will be held from October 9 to November 15.

See the proposal and find out how to participate

Online: www.federal-redistribution.ca

Request a copy

- Ontario Commission: 1-855-747-7224 or ontario@rfed-rcf.ca
- Elections Canada*: 1-800-463-6868
- TTY 1-800-361-8935

*Elections Canada provides administrative support to the federal electoral boundaries commissions.

It's a must-win for Canada in World Cup qualifier

The Road to Brazil. Getting three points will be crucial for men's national soccer squad in Friday's home match against Panama

To get to the 2014 World Cup, Canada faces at least 14 more matches.

But the next two could shed a lot of light on how much of that journey the Canadian men's soccer team will get to take.

Canada plays Panama in a vital home-and-away series that opens Friday at Toronto's BMO Field before moving to Panama City on Tuesday.

"The next two games for us are huge," said 32-year-old captain Kevin McKenna. "Especially (Friday) night. It's probably the biggest game I've played in with the national team, probably every player here also."

"I think we're all looking forward to it. Obviously everyone's a bit on edge."

Picking up points at home is crucial in qualifying. Poor performances on Canadian soil have cost the national team in recent qualifying



Canada's Dwayne De Rosario, left, battles with Honduras' Roger Espinoza during a World Cup qualifying match in Toronto on June 12. CHRIS YOUNG/THE CANADIAN PRESS FILE

campaigns and Stephen Hart's squad missed an opportunity with a 0-0 draw with Honduras in June.

"Every home game is a must win," said midfielder Patrice Bernier.

Panama leads the group with six points from two matches. Canada is second with four points from its two matches. Honduras has one

point and Cuba none.

"They have been very consistent over the last four years," Hart said of Panama.

With Honduras, ranked No. 72 in the world, expected to pick up points against No. 142 Cuba, the group standings could change dramatically over the next week. Canada does not want to be left behind.

The top two teams will advance to the six-country final round of qualifying in CONCACAF, which covers North and Central America and the Caribbean.

That group will send three to Brazil with a fourth CONCACAF country meeting a team from Oceania in a playoff to see who joins them.

Panama is currently

Going for goals

Key components of head coach Stephen Hart's Canadian player pool have been in good form lately.

- Patrice Bernier. The Montreal Impact veteran midfielder from Brossard, Que. was just named MLS player of the week and has represented Canada 47 times.
- Dwayne De Rosario. The Toronto-born attacking

midfielder with D.C. United recently became the seventh player in MLS history to score 100 goals and is the focal point of Canada's attack.

- Simeon Jackson. Jamaican born but Mississauga raised striker scored in English Premier League club Norwich City's 1-1 draw with Queen's Park Rangers on Aug. 25.

Reality Check

"Scoring has always been a little bit of a problem for us."

Canadian midfielder Atiba Hutchinson. talks about Canada's struggles at finding the back of the net

Matador whose stoppage time goal eliminated Canada from last year's Gold Cup. Panama made it to the semifinals before losing 1-0 to the U.S.

The Canadian women's team, bronze medalists at the recent Olympics, will be honoured prior to the match.

THE CANADIAN PRESS

DALE DOWNIE's

Overstocked

Inventory Sell-Off

0% FINANCING & LEASING ON SELECT MODELS!

HUGE DEMO SAVINGS!

UP TO \$14,000 IN CASH ADJUSTMENTS!

2012 MODEL CLEAR OUT!

OVER 85 PRE-OWNED VEHICLES ALL MAKES AND MODELS! PRICED TO SELL! HURRY IN!

TRIP, LAPTOP, OR TV

WITH EVERY IN STOCK VEHICLE PURCHASED OR LEASED

No reasonable offer refused on any new or used vehicle!

DALE DOWNIE

Low Prices are Born Here & Raised Elsewhere!

1111 Oxford St. E. London 519-451-4560

Toll Free 1-888-451-3325 (DEAL) www.daledownie.ca

NISSAN

MON-THURS 9-8PM

FRI 9-6PM

SAT 9-5PM

** Titan finance over 96 months @ 4.99% - Versa 0% for 84 months. Vehicles may not be exactly as shown. See dealer for details.

"Home of the Little Guy"

HELP WANTED

General Help

Full Time & Seasonal Positions Available!
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

RENTALS

Apartments Unfurnished

2 bdr, 106 King Edward Ave, \$675 + Hydro, inc laundry, lockers, security cameras i/o, paved parking & fenced. Avail Sept 1st
519-633-6961 janetyates05@hotmail.com

SERVICES

Psychics

**** FREE PSYCHIC 1-888-895-8204 ****
1 LIVE Psychic Reading! Get answers about love, money or the future by psychics and fortune tellers! CALL NOW! 1-888-895-8204

Other Services

Certified Piano Technician
226-932-6252
andyryanpiano@gmail.com
Servicing London, Sarnia & Lambton areas
• Piano Tuning
• Regulation & Voicing
• Piano Rebuilding
andyryanpiano.wix.com/pianoservices

ANNOUNCEMENTS

Community Events

WOLFEMAN SINGLES
SAT Sept 8th
Dutch Club
1738 Gore, London
Dance 8:30pm - 12:30am
Info: 519-433-2579

MISCELLANEOUS

Miscellaneous

LOOK!
Advertise in this space
for as low as
\$10/day!!
Call 1-800-527-6767

HOUSEHOLD SERVICES

General Services

PROFESSIONAL PAINTING
Specializing in interior painting, residential & small commercial, new construction, re-painting, small repairs etc.
226-239-3329
facebook/day painters

Pet Services

Pet Services

Natural Paws Pantry

For the Health of your Dog & Cat!



Come into the Natural Paws Pantry for all your **healthy pet products**. Visit us for your natural treats, bones, turkey necks, raw rood, grain free food and so much more! Why not give us a call to have your pet treated to an **all inclusive grooming session**. After a long hot summer they need a little pampering too!

www.naturalpaws.ca

1055 Sarnia Road, London • 519-474-6669

General Services

General Services

DO YOU SUFFER FROM KNEE PAIN?

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product on symptoms associated with knee pain.

Contact us now! See if you qualify.
Participants will be compensated up to \$175.00

Contact KGK SynergizeClinic: **519-858-8359**
clinic@kgksynergize.com
www.kgkclinic.com



synergize

Do You Suffer from Diarrhea Predominant Irritable Bowel Syndrome or IBS-d?



Join a research study to evaluate the effectiveness of an investigational medication, or inactive placebo, for Irritable Bowel Syndrome with diarrhea.

Contact us now to see if you qualify. Qualified Participants will be compensated up to \$50.00 a visit.

Contact KGK SynergizeClinic: 519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com

synergize

Music Classes

PIANO LESSONS FOR ALL AGES
519-432-7881

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

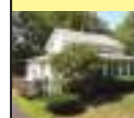
REAL ESTATE

Out of Town Properties

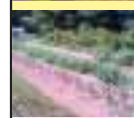
Out of Town Properties

Just listed! A gardeners' dream...

3189 Lovett Road, Coldbrook, Kings County, Nova Scotia



- Vegetable garden on deep sandy soil has been nurtured for 30 years.
- Detached 30' x 16' garage contains a tool area and room for your toys.
- The house is on a 3/4 acre lot, one and half stories including a full basement and cold room. Main level contains sun room, office, a full size dining room, and family room. Upstairs the house has 3 bedrooms and a bathroom.



- Sept 2010 - new oil fired water heater
- March 2011 - new fiberglass oil tank
- March 2012 - emptied septic tank with all new plumbing from tank to house
- 5 minutes drive to the town of Kentville and the Valley Regional Hospital
- 20 minutes drive to Acadia University
- 1 hour drive to Halifax (majority on double lane highway)

A jewel waiting to be polished!

\$138,525

please call Mike Barnard, Royal LePage Atlantic
1-800-679-7099 • thebarnardgroup.ca



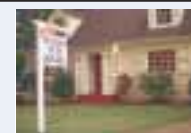
Houses For Sale

Houses For Sale

Attention Realtors!

Did you know Metro is the most read daily national newspaper in the country?

Advertise your listings with Metro Classifieds.



1 Listing
Starting as low as
\$18 per day

Call 1-800-527-6767 to place your ad now!

MERCHANDISE

Merchandise Wanted

Treadmill \$100
Sew machine cabinet \$50
Sewing adj. dress form \$50
(519)657-4550

PETS

Dogs

Get your dogs fur styled at
FUR PAWS ONLY SALON
Mention this ad & save on the tax!!
519-652-3299

Sharability



easy

hard

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

1 Set of Vinyl Carpenters Dovetail dies and jig \$65
1800's wooden ironing board \$75
Call (519)641-9270

Chest of drawers with marble top.
\$75
Call 519-652-2407

Display Pole 9' high. Great for Trade Show Banner Ads. Perfect Condition. Includes Accessories Reg price \$300
A steal at \$90 Please call 519-473-1091

Green recliner couch \$150
Apt size freezer \$65, solid wood desk \$75
matching loveseat/armchair \$400
519-280-4101

STA Uniform, several pieces between \$10 and \$25 • Tracker backpack \$10
Call (519)657-8285

Tour of Duty Complete Series
DVDs
\$30.00
519-204-6899

7 ft artificial, pre-lite xmas tree
Pd \$200
will sell for \$100
226-663-0809 after 3pm

childs wagon, seats 2
good condition
\$55.00
519-663-5411

Dresses, like new. White cotton, size 8 and 10
• Coffee table, brass with glass top and bottom (two tier), square - \$55
Call (519)657-8285

Large Painting of Painted Boats in 1000 Islands.
Men's 21 speed bicycle
Serious Offers Only 519-657-7652

Table & 4 upholstered swivel chairs
Very good condition
\$50.00
519-453-9640

Twilight Zone DVD collection
New
\$75.00
519-204-6899

Attn Cow Lovers! Tons of cow items.
\$100 for over 60 cow items! Call for details.
(519)601-2092

Desk
Great for students!
\$25
519-652-2407

GARAGE SALE
SEPT 9 SUNDAY
10 - 2
1814 Healy Rd

Queen size bed frame \$10.00
Blue Mountain Pottery Teaset...comes with large tray, teapot & cream/sugar \$50.00
519-661-0698

Tafco Telescope with tripod and various eye pieces.
\$50
Call (519)858-9033

Very Rare 2001 Dale Sr. Jacket
Last of kind, 7 time pass, etc.
Barter or best offer.
Call (519)668-2775

Beautiful Natural Wicker Wardrobe with matching Queen Headboard.
Serious Offers Only
519-657-7652

Dining room table and 4 chairs
Excellent condition. Can deliver
\$110.00
(519)641-8077

Girls clothing - 6 to 18mons. Onesies \$1, Sleepers \$2, Outfits \$3. Mixture of name brands
Call (519)642-7226

Raspberry Plants
\$1.00 a bush
(519)434-9500

TOASTMASTER GRIDDLE
Non - Stick LIKE NEW
16" by 12" \$10.00
519-453-9640

Wooden desk • Bailey I Love You Bassnett, unisex color • Rainforest bouncer • Winnie The Pooh bouncer • Breast pump • Best offer for each • Call (519)642-7226

Horoscopes

Aries

March 21 - April 20

You will do almost anything to avoid boredom but the planets warn that if you go too far today, you might later decide that boredom is not such a bad thing after all. Never forget that actions have consequences.

Taurus

April 21 - May 21

Someone is sure to disapprove of what you do today. Should that stop you from doing it? No way! If anything, you should show your independence by doing it even more. They will get the message.

Gemini

May 22 - June 21

If you feel that your life is in a bit of a rut you should do something about it today. Try doing the opposite of what you usually do. Don't worry that others might not approve — that's what makes it fun.

Cancer

June 22 - July 23

You will get the chance to change something that should really have been changed weeks, if not months, ago. If it's a habit that is holding you back be brave and cut it out of your life once and for all.

Leo

July 24 - Aug. 23

Make it your business to get involved in a cause that helps people who are too weak to help themselves. Don't worry that by doing so you might make powerful enemies — you have powerful friends to protect you.

Virgo

Aug. 24 - Sept. 23

With the Sun in your sign linked to Jupiter today you won't hesitate to do something out of the ordinary. Even people who know you well will shake their heads and wonder what's come over you.

Libra

Sept. 24 - Oct. 23

You seem to have come into some money but don't spend too much time admiring your good fortune because you need to build on what you've been given. It doesn't have to be easy come, easy go.

Scorpio

Oct. 24 - Nov. 22

What happens today may catch you by surprise but you can still profit from it if you act quickly. The planets indicate that if you take a risk it will pay off in a big way. What have you got to lose?

Sagittarius

Nov. 23 - Dec. 21

The direct approach is the best approach, especially where partnerships are concerned. Let others know how you feel and don't worry that you might hurt their feelings. It's your feelings that matter, so tell it like it is.

Capricorn

Dec. 22 - Jan. 20

Today's Sun-Jupiter link will help you shake things up a bit, especially where your daily routine is concerned. In a nutshell, you need to be more adventurous. Never let the past or old habits hold you back.

Aquarius

Jan. 21 - Feb. 19

Do something that takes even your best friends by surprise today. It's time you reminded certain people, both at home and at work, that you have a mind of your own and are not afraid to use it.

Pisces

Feb. 20 - March 20

You may be perfectly entitled to get annoyed with someone and lay down the law but isn't there a better way to deal with the situation? If you upset them needlessly it could be self-defeating in the long-term.

SALLY BROMPTON

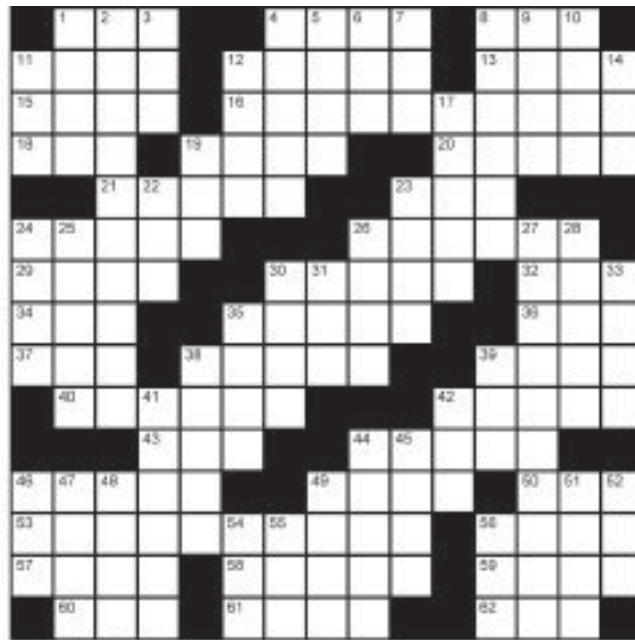
Crossword: (Mount St. Elias Is the Second-Highest)

Across

1. WSW opposite
4. Certain hockey shot
8. Also say
11. 2-Down or 7-Down: abbr.
12. Idaho or Iowa
13. Louis David ___, a founder of the province of Manitoba
15. In person
16. Canada's government
18. A vote for
19. Baseball stadium
20. Expenses
21. Flies like an eagle
23. Early Beatles bassist Sutcliffe (or an alphabetic sequence)
24. ___ Mountains: sight visible from Calgary but not Edmonton
26. Book jacket promos
29. God of love
30. The "Little Ol' Band From Texas" (2 wds.)
32. "Gangsta" music
34. Bring home after expenses
35. Get ready to play a hole (2 wds.)
36. QB's goal: abbr.
37. Three: Fr.
38. School vehicles
39. Belfry critters
40. Least dangerous
42. Defensive response to "Stop hitting your sister!" (2 wds.)
43. A cheer
44. Columbus's Italian birthplace
46. 640 make a square mile
49. Alero or Cutlass, in brief

Down

50. ER workers: abbr.
53. Canada's highest peak (2 wds.)
56. Endorse politically
57. "Be with you in ___!" (2 wds)
58. Hobby shop wood
59. TV award
60. Volcanic fallout
61. Canonized French-women: abbr.
62. Sixth sense
1. Fort ___: Ontario town directly across the Niagara River from Buffalo, New York
2. A Maritime (2 wds.)
3. Night before
4. Asterisks
5. Alouette, in English
6. It's off Canada's East Coast: abbr.
7. A Maritime: initialism
8. Knight's protector
9. Expires
10. Minor automobile accident result
11. Tissue box word
12. Box for practice
14. Capt.'s subordinates: abbr.
17. Malfunction or mis-behave (2 wds.)
19. Earnings
22. Approves
23. Pig feed
24. Landlord's charge
25. Sandwich cookies
26. A/C capacity measures
27. "Summer of '69" singer (2 wds.)



Copyright © 2012 Metronews Inc.

28. "___ say": "Alas" (2 wds.)
30. Enthusiasm
31. Last letter of the alphabet in the US
33. "Hey, you!"
35. 30-Across's first top 20 single
38. "Beauty and the ___"
39. RBC competitor
41. Canadian language

42. Special connections
44. Drinking vessel
45. Novelist Ferber
46. "I ___ Rock": Simon & Garfunkel hit (2 wds.)
47. ___ Nostra
48. Regrets
49. Stare at
51. Canada's national police
52. The heavens

54. 16-oz. units
55. Morsel for a horse
56. Quilt-making gathering

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	3	9	2	4	6	1	8	5
2	4	8	1	5	3	6	9	7
6	1	5	7	8	9	2	3	4
9	7	2	4	1	8	6	5	3
4	8	3	6	2	5	7	1	9
1	5	6	9	3	7	8	4	2
8	9	7	5	8	4	3	2	1
5	6	1	3	7	2	4	9	8
3	2	4	8	9	1	5	7	6

Today

27°/12°

Thunderstorms

40%

Saturday

20°/10°

Variable

40%

Your #1 weather forecast now available in HD.

Check your local listings for details.

HD

©The Weather Network, 2012

NOW MORE MEN & BIGGER PACKAGES

FREE TRIAL

CruiseLine

519.936.6725

Other cities: 1.877.882.2010

1.900.561.8888 (75 min/\$25)

Text "CRUISE" to 96669 (10 min/\$5)

www.cruiseline.ca

BACK TO COOL LOOKS

HAKIM 2

PAIR 199

Over 160 Discount Outlets... 140 One Hour In-Store Labs

Outside Metro Toronto 1-877-324-2020 • www.hakimoptical.ca

QuestChat™

feel the rush

TRY IT FREE*

519.439.4444

Other Cities 1.888.482.8282

questchat.com

1,900.677.4444 • \$25/50min

Annual Celebration Spectacular

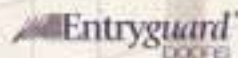
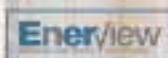
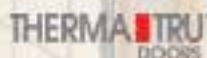
SAVE 21% OFF

all installed windows & doors!

**OUR
BIGGEST
SALE
OF THE
YEAR!**

Windows are a big investment. We're the only place that gives you the breadth of choices to suit your needs and your lifestyle and the information you need to make the right choice.

Quality Brands in Vinyl, Wood and Fiberglass...



NOW IS THE BEST TIME TO REPLACE YOUR WINDOWS

- Stay warm and cozy all winter
- Save the most when your heating bills are highest
- The best pricing of the season when the manufacturers aren't as busy

Ask Us
About the
Financing Option
That Suits You
Best!

RiteWay

Windows & Doors

Showroom hours:
Mon-Fri: 8am - 5pm
Sat: 10am - 4pm
Anytime by Appointment
Sun: Closed
(519) 680-1600
www.RiteWayStores.ca



**Voted Best Window & Door Store
by London Free Press Readers**



21% savings applies to product only. Orders must be placed by Sept. 29th.

Selection, Service, Value and Expert Installation! 317 Adelaide St. S. at Commissioners